



Chapter 7: Recharging Curiosity

Learning · Lifestyle · Meaningful pursuits

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

NUDGE 7.1

Tiny Spark

Jot down three things you've always been curious about. Then pick just one and take a small action — watch a video, skim a book, ask a friend. Curiosity is a muscle. It needs small, regular reps to stay strong.

CURIOSITY 1:

CURIOSITY 2:

CURIOSITY 3:

THE ONE I CHOSE + THE SMALL ACTION I TOOK:

NOTE 7.1

Kindling

This week, experiment with a low-stakes learning moment. Something where the outcome doesn't matter. Sketch something badly. Write a 3-line poem. Try a recipe that sounds interesting. The goal is noticing, not performing.

WHAT I TRIED:

HOW I FELT BEFORE:

DURING:

AFTER (DID ENERGY SHIFT? DID TIME DISAPPEAR?):

NUDGE 7.2

Slight Shift, Fresh Eyes

Pick one thing you do regularly and make a small change to it this week. Take a new route. Change the order of your morning. Try a different genre. Small disruptions to routine can wake up your brain's novelty-seeking systems.

THE REGULAR THING I'M CHANGING:

THE SMALL CHANGE I'M MAKING:

WHAT SHIFTED — NOT JUST AROUND ME BUT WITHIN ME:

NOTE 7.2

Signal to Your Brain

Choose a low-stakes, curiosity-driven activity that feels new but doable. Repeat it at least three times this week. Repetition is what signals to your brain that this new thing is worth paying attention to.

THE ACTIVITY I CHOSE:

WHAT OPENED UP:

WHAT RESISTANCE APPEARED:

WHAT I NOTICED:

MID-CHAPTER GOOD LIFE LAB

Discover Your Learning Style

Understanding how you process new information can help you feel more energized and motivated. Try the free VARK Questionnaire online (vark-learn.com) to identify your dominant learning style. Then experiment with a secondary style to expand your range.

- Visual learners use spatial relationships, graphs, charts, and organized layouts.
- Auditory learners prefer podcasts, lectures, discussion, and verbal repetition.
- Reading/Writing learners favor notes, lists, and written explanations.
- Kinesthetic learners need hands-on practice, experimentation, and movement.

MY DOMINANT VARK LEARNING STYLE:

- Visual — spatial relationships, graphs, organization
- Auditory — podcasts, lectures, verbal repetition

- Reading/Writing — notes, lists, written explanations
- Kinesthetic — hands-on, experimentation, movement

DOES THIS ALIGN WITH YOUR LIVED EXPERIENCE? WHAT FEELS TRUE?

THE SECONDARY STYLE I TRIED + WHAT SURPRISED ME:

NUDGE 7.3

Interrupt the Algorithm

Think about hobbies or activities that never seem to cross your radar. Learn a little about one to wake up your sense of discovery. Algorithms keep feeding you what you already know you like. This is a deliberate detour.

HOW I EXPLORED:

- Watched a short video
- Read one post or article
- Tried a mini-class

MY TOPIC:

ONE THING THAT MAY HAVE SURPRISED ME:

NOTE 7.3**Trace Your Interests**

Sketch a quick diagram of your past interests — tried and untried. Think of it as your personal interest map. Mark the branches you followed, the ones you abandoned, and the ones you've never started but keep thinking about.

MY INTEREST MAP (LIST OR DESCRIBE FREELY — TRIED INTERESTS, UNTRIED BRANCHES, DORMANT DREAMS):

ONE BRANCH I NEVER FOLLOWED THAT I WANT TO REOPEN, IN A SMALL WAY, THIS WEEK:

NUDGE 7.4**Try One Lesson**

Pick an online learning platform you've never used. Choose a free or low-stakes course and commit to watching just one lesson. One lesson is enough to know if it sparks something.

PLATFORM + COURSE I CHOSE:

ONE THING FROM THE LESSON:

DO I WANT MORE OF THIS? (YES / NO / MAYBE) — AND WHY:

NOTE 7.4**Build a Mini Learning Plan**

Choose one topic and design a 2-week test run. Block two 30-minute windows per week. A growth mindset approach means staying curious even when progress feels slow.

THE VIBE I WANT: Playful Inspiring Unexpected Calming Challenging Useful**TOPIC I WANT TO EXPLORE:****PLATFORM + COURSE:****WEEK 1 — TWO 30-MIN WINDOWS (DAYS/TIMES):****WEEK 2 — TWO 30-MIN WINDOWS (DAYS/TIMES):****WHAT I'M HOPING THIS GIVES ME:****AFTER THE SESSIONS — HOW DID IT FEEL? HOW WOULD A GROWTH MINDSET APPROACH IT IF IT WASN'T ALL YOU HOPED FOR?**

GOOD LIFE LAB

From Solo to Shared: A 3-Part Curiosity Sprint

Flex your curiosity muscles and begin building a curiosity ecosystem.

PART 1: CHOOSE A CURIOSITY BUDDY

WHO I REACHED OUT TO + WHAT I INVITED THEM TO TRY:

PART 2: TRY IT IN PARALLEL (2-3 DAYS)

WHAT I TRIED:

WHAT WAS FUN? WHAT FELT AWKWARD? WOULD I KEEP GOING?

PART 3: CURIOSITY EXCHANGE

MY 'THINGS I TRIED AND WOULD RECOMMEND' LIST:

WHAT THEY RECOMMENDED + MY REACTION: